



**J.C. BOSE UNIVERSITY OF SCIENCE AND  
TECHNOLOGY, YMCA, FARIDABAD, HARYANA, (INDIA)**

A State Government University (Accredited 'A\*' Grade by NAAC)

(Established by Haryana State Legislative Act No. 21 of 2009, Recognized by U.G.C. u/s 2 (f) and 12(B) of U.G.C. Act 1956)  
SECTOR-6, MATHURA ROAD, FARIDABAD-121006, HARYANA, (INDIA)

**Community College of Skill Development**

**Lesson Plan: Hathyoga- Sadhna & Siddhant**

**Program: PG Diploma in Yoga Sci & Naturopathy**

**Course Code: YNP-105-V**

**Semester: 1<sup>st</sup>**

**Credits: 3**

**Course Objectives:** The objective of studying this course is to acquire the theoretical knowledge of Asanas, Pranayam, Bandh and Shatkarma.

**Course Outcomes:** At the end of the course, the student shall be able to

- **C01: Describe the philosophy and principles of Hathayoga**
- **C02: Recognize and demonstrate various Asanas**
- **C03: Identify and practice different types of Pranayams**
- **C04: Identify and apply Shatkarmas and their apparatus**
- **C05: Integrate Hathayoga practices into daily routine for holistic well-being**

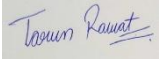
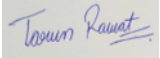
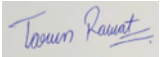
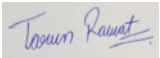
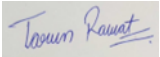
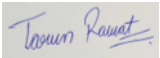
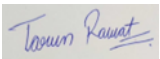
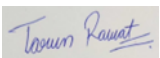
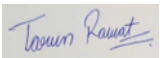
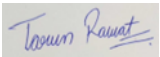
**Equipment required in Classroom/ Laboratory/ Workshop**

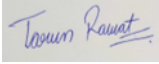
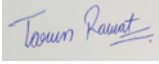
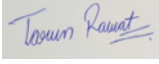
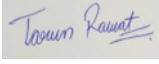
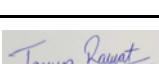

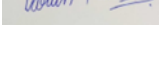
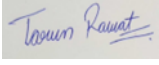
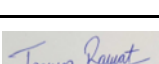
- i. LCD/Projector
- ii. Whiteboard/ Black Marker

**Assessment Scheme**

S.No.	Criteria	Marks
1	End Term Examination	75
2	Internal Evaluation Scheme	25
2a	Class Tests	15
2a (i)	Class Test-I	7.5
2a (ii)	Class Test-II	7.5

2(b)	Teacher Assessment (Continuous Evaluation)	10
2b (i)	Attendance	5
2b (ii)	Assignment / Presentation	5

Lecture No.	Topic Covered	Pedagogy	Date of Implementation	Course Outcomes Covered	Faculty Sign
1	Unit-1 Introduction & Meaning of Hatha Yoga – origins, goals, symbolism	PPT	07/8/25	CO1	
2	Authority of Hatha Yoga – classical texts: Hatha Pradipika,	Lecture	08/8/25	CO1	
3	Gheranda Samhita, Shiva Samhita - Authority of Hatha Yoga	Discussion	14/8/25	CO1	
4	Suitable Time for Practice – sunrise, lunar cycles,	Lecture	21/8/25	CO1	
5	Seasonal rhythms	Lecture	28/8/25	CO1	
6	Suitable Place for Practice – clean, ventilated, serene environment	Interactive	30/8/25	CO1	
7	Diet of a Hathayogi – sattvic principles, hydration, foods to avoid	Discussion	4/9/25	CO1	
8	Seeker Qualities – discipline, faith, courage, wisdom	Q&A	4/9/25	CO1	
9	Obstructing Factors – laziness, doubt, ego, distraction	Lecture	11/9/25	CO2	
10	Revision and Reflection on Unit 1	PPT	11/9/25	CO2	

11	Introduction & Meaning of Asana – stability and ease	Lecture	18/9/25	C02	
12	Asanas in Hatha Pradipika – Padmasana, Siddhasana	Demonstration	18/9/25	C02	
13	Asanas in Gheranda Samhita – progression of 84 postures	Lecture	20/9/25	C02	
14	Types of Asana – seated, standing, balancing, inversion, restorative	Case Study	3/10/25	C02	
15	Benefits of Asanas – alignment, digestion, immunity, mental clarity	Practical	3/10/25	C02, C05	
16	Therapeutic Asanas – for diabetes, hypertension, anxiety	Q&A	4/10/25	C02	
17	Practical Session – posture correction, breathing, alignment	Lecture	4/10/25	C02	
18	Revision and Reflection on Unit 2	PPT	9/10/25	C02	
19	Introduction & Meaning of Pranayama – breath control, prana regulation	Lecture	9/10/25	C03	
20	Pranayama in Hatha Pradipika – Nadi Shodhana, Bhastrika, Kapalabhati	Demonstration		C03	
21	Pranayama in Gheranda Samhita – purification and retention stages	Case Study		C03	
22	Types of Pranayama – cooling, energizing, calming, balancing	Practical		C03, C05	
23	Pranayama for Disease Management – asthma, insomnia, stress	Reflective Writing		C03, C05	
24	Practical Session – breath awareness and technique	Lecture		C03	
25	Reflections – journaling	Q&A		C03	

	personal experience of breathwork				
26	Revisit: Meaning and Role of Pranayama	Lecture		C03	
27	Revision and Reflection on Unit 3	Discussion		C03	
28	Introduction & Meaning of Shatkarma – six purification techniques	Demonstration		C04	
29	Benefits of Shatkarma – detoxification and clarity	Demonstration		C04	
30	Neti – nasal cleansing method and safety	Demonstration		C04	
31	Agnisar Kriya – abdominal stimulation technique	Practical		C04	
32	Trataka – candle gazing for focus and eyesight	Discussion		C04, C05	
33	Guided Practice – review of all Shatkarmas	Demonstration		C04	
34	Weekly Integration – do's and don'ts of Shatkarma	Demonstration		C04	
35	Sankhaprakshalan – intestinal cleansing process	Q&A		C04	

#### Reference Books:

1. Hatha Yoga Pradipika – Swami Annant Bharti
2. Gheranda Samhita – Dr. Raghvendra Sharma Raghav
3. Light on Yoga – B.K.S. Iyengar